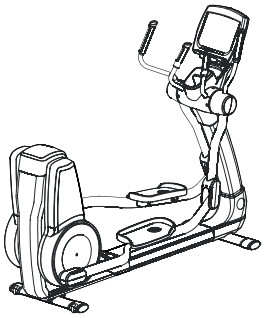


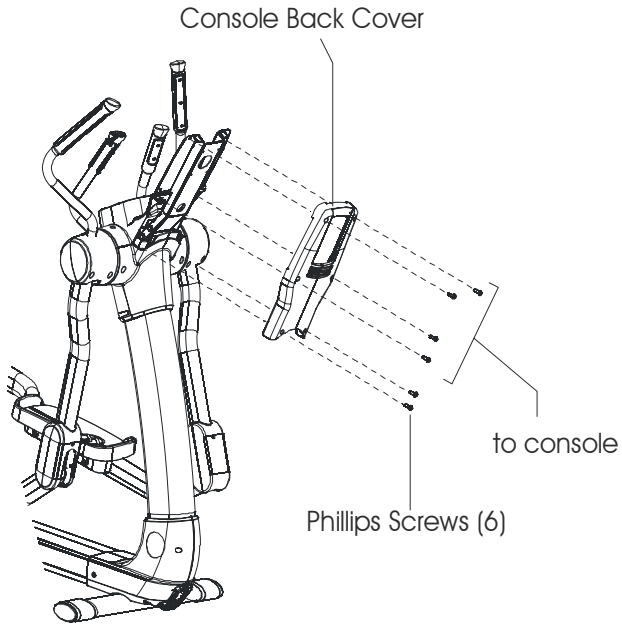
Elevation 95X-ALLXX-01 Commercial Cross-trainer

HOW TO...

HOW TO... REPLACE THE CONSOLE BACK COVER

Tools required: Phillips screwdriver
Estimated time required: 15 minutes

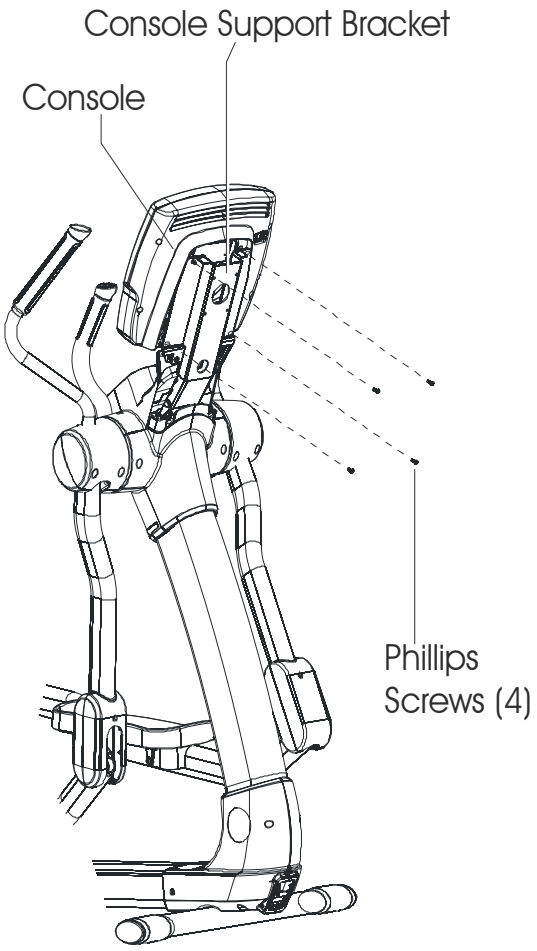
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the six Phillips screws that secure the console back cover to the console support bracket and console.
3. Install the new console back cover using the screws removed and saved in Step 3.



HOW TO... REPLACE THE CONSOLE

Tools required: Phillips screwdriver
Estimated time required: 30 minutes

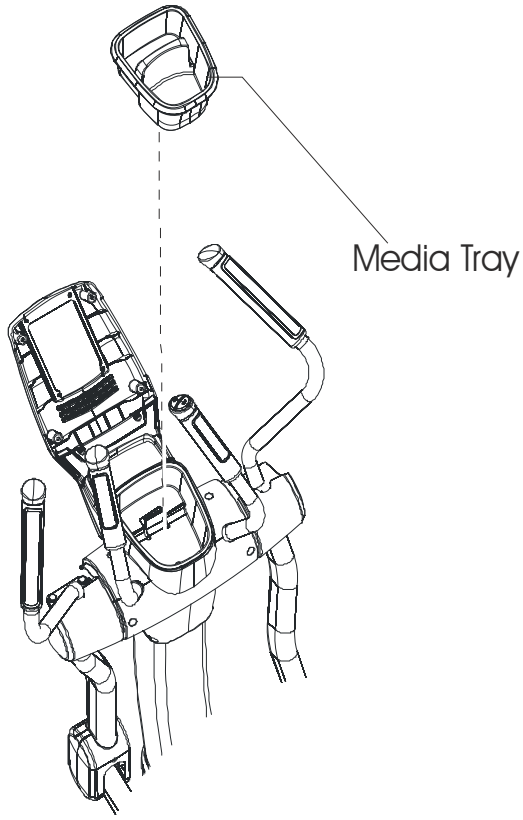
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Disconnect all cables from the console.
3. Remove and save the four Phillips screws that secure the console to the console back cover.
4. Install new console in reverse order using hardware removed and saved in step 4.
5. Test the console for proper operation.



HOW TO... REPLACE THE MEDIA TRAY

Tools required: none
Estimated time required: 15 minutes

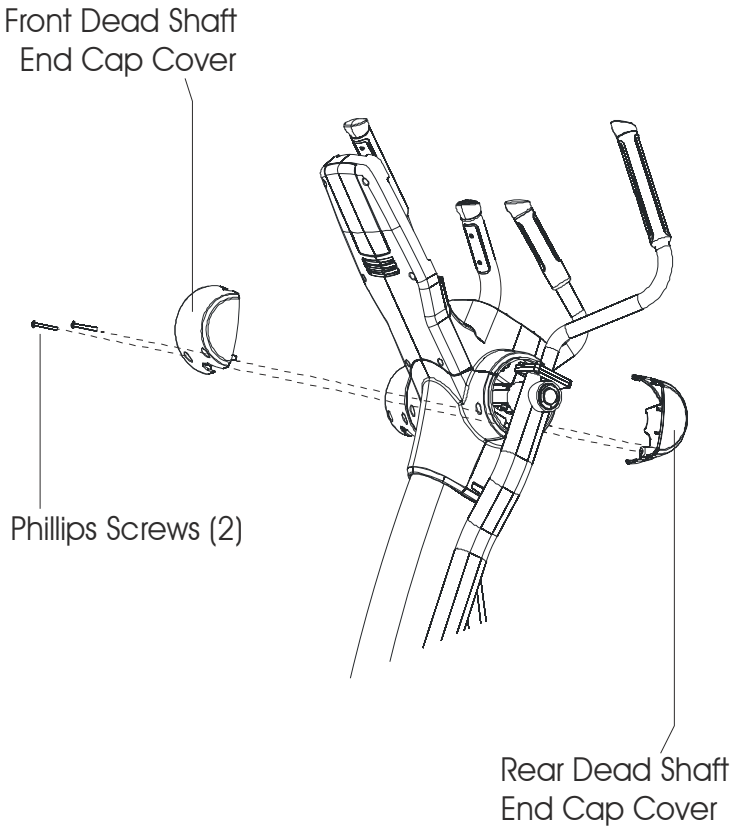
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Press the tab on the inside of the media tray to release it and then pull it up and out of the top deadshaft cover.
3. Push new media tray down until it snaps into place.



HOW TO... REPLACE THE DEADSHAFT END CAP COVERS

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

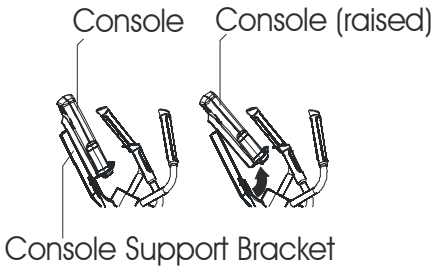
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the two Phillips screws that secure the deadshaft end cap covers to each other.
3. Install the new deadshaft end cap covers using hardware removed and saved in step 3.



HOW TO... REPLACE THE TOP DEADSHAFT COVER

Tools required: Phillips screwdriver
Estimated time required: 30 minutes

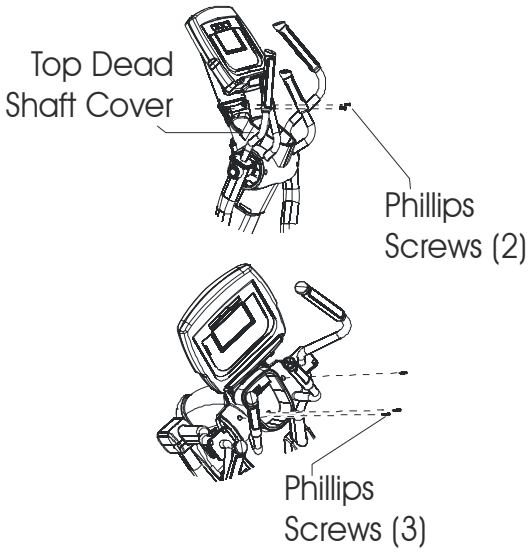
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the console back cover. (See the "How To..." on page 29).
3. Remove and save the media tray.
4. Remove the right and left deadshaft end cap covers. (See the "How To... on page 32.)
5. Raise the console slightly to allow access to the two upper mounting screws that secure the top deadshaft cover to the unit.



caution

Be careful not to allow the console to fall while raising it.

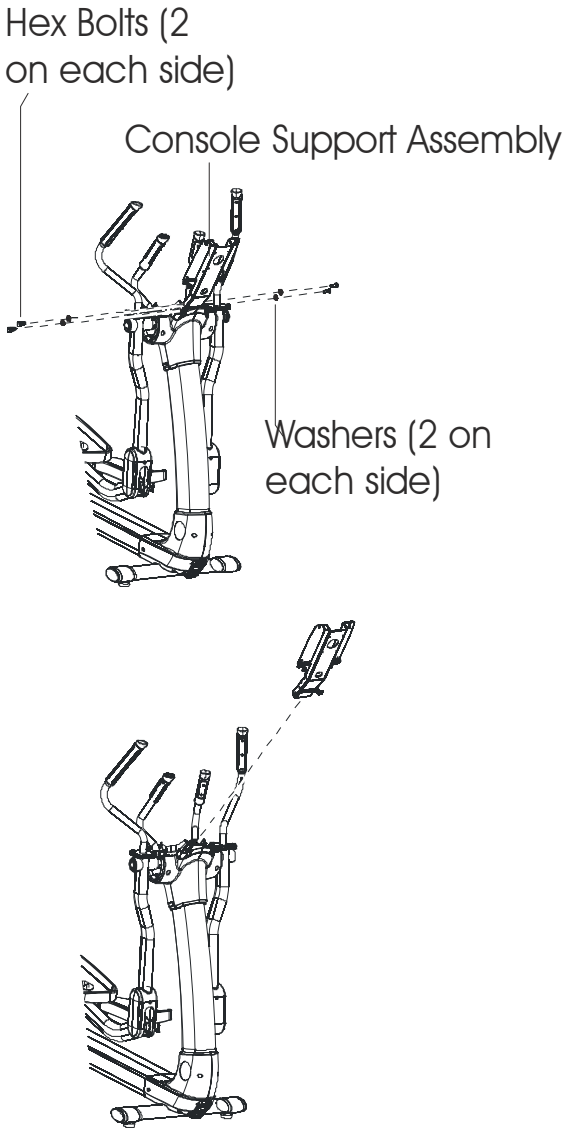
6. Remove the five screws that secure the top deadshaft cover to the unit.
7. Install the new top deadshaft cover in reverse order using hardware removed and saved in steps 4, 7, and 8.



HOW TO... REPLACE THE CONSOLE SUPPORT ASSEMBLY

Tools required: Phillips screwdriver, 13mm socket wrench
Estimated time required: 45 minutes

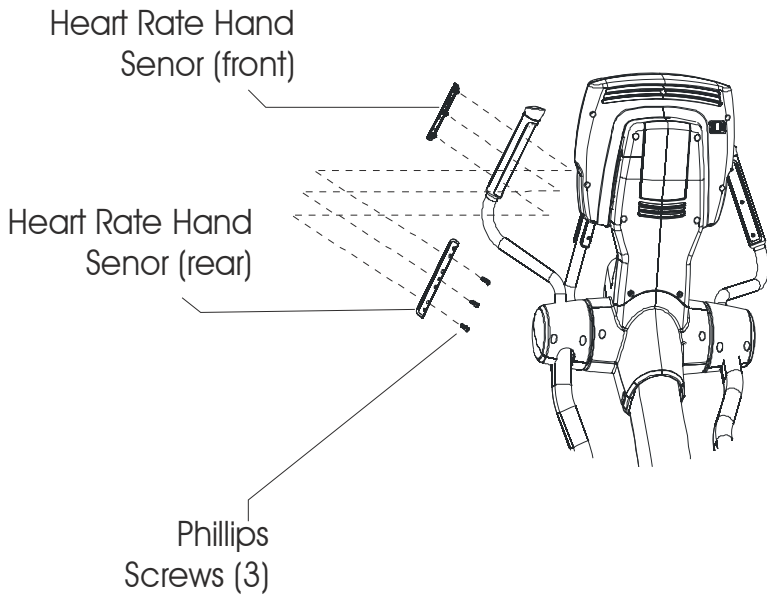
1. nplug the line cord from the wall outlet.
2. Remove the console back cover. (See the "How To..." on page 29.)
3. Remove the console. (See the "How To..." on page 30.)
4. Remove the media tray. (See the "How To..." on page 31.)
5. Remove the deadshaft end cap covers. (See the "How To..." on page 32.)
6. Remove the top deadshaft cover. (See the "How To..." on page 33.)
7. Remove and save the four bolts and washers that secure the console support bracket to the monocolumn.
8. Re-route the cabling through the new console support bracket.
9. Reverse steps 3 through 7 to complete the re-assembly.



HOW TO... REPLACE THE USER ARM HEART RATE HAND SENSORS

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

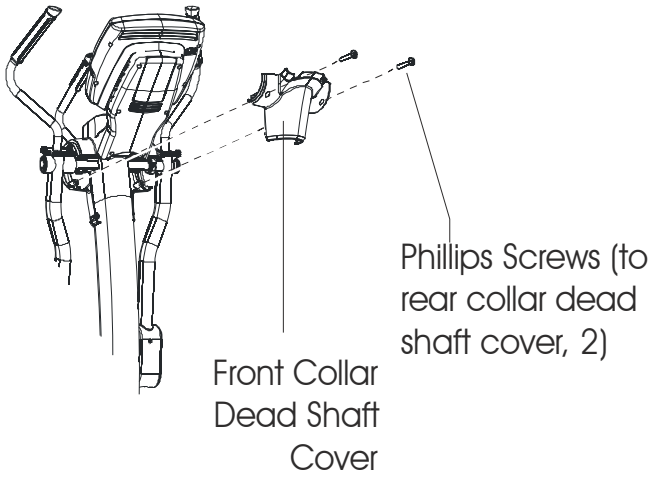
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the three screws that secure the inner and outer hand sensors to each other.
3. Note the location of the wires on the hand sensors. This will simplify reassembly.
4. Disconnect the wires.
5. Connect the wires to the new hand sensors.
6. Install the new hand sensors using the screws removed and saved in Step 3.
7. Test the new hand sensors for proper operation.

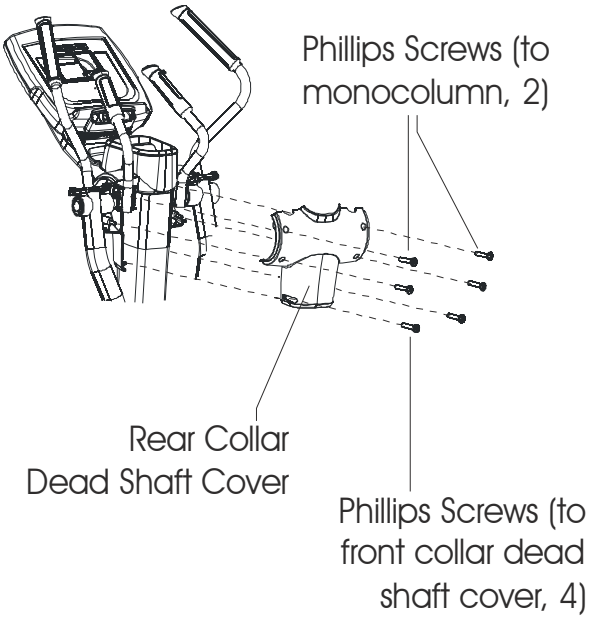


HOW TO... REPLACE THE FRONT OR REAR COLLAR DEADSHAFT COVERS

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the deadshaft end cap covers. (See the "How To..." on page 32.)
3. Remove and save the two Phillips screws that secure the front collar deadshaft cover to the monocolumn.
4. Remove and save the four Phillips screws that secure the front collar deadshaft cover to the rear collar deadshaft cover.
5. Install either the new front collar deadshaft cover or rear collar deadshaft cover using the screws removed and saved in steps 4 and 5.

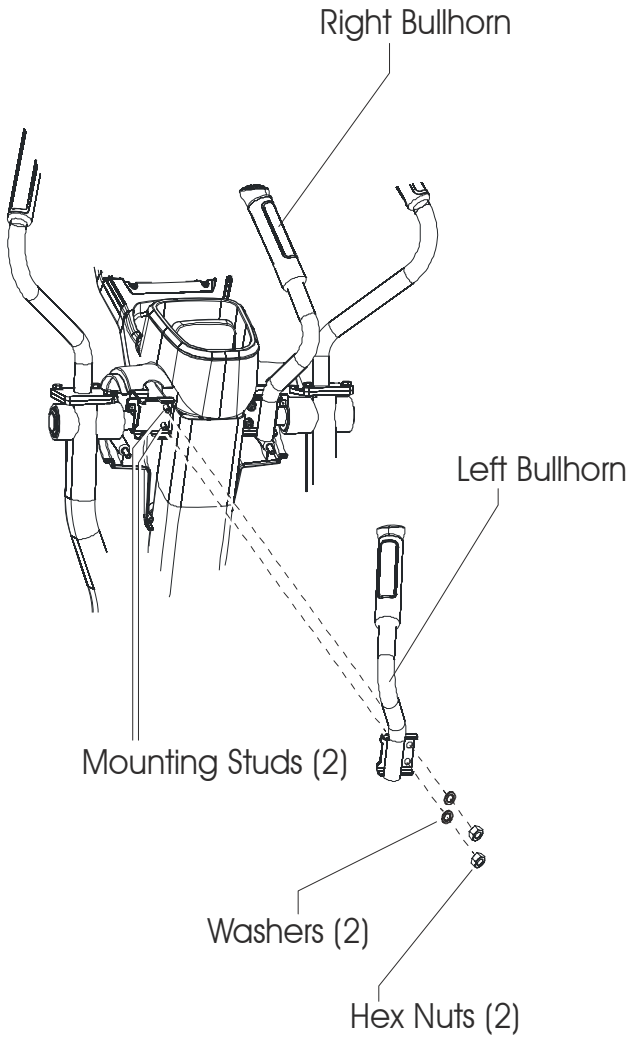




HOW TO... REPLACE THE BULLHORNS

Tools required: Phillips screwdriver, 12mm socket wrench
Estimated time required: 30 minutes

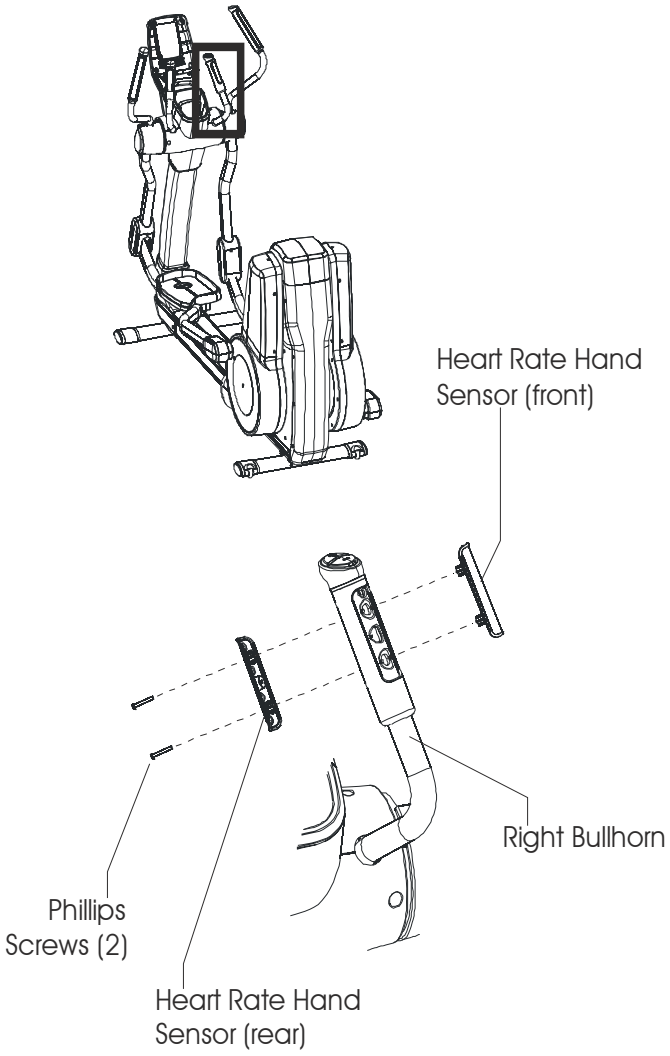
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the deadshaft end cap covers. (See the "How To..." on page 32.)
3. Remove the front collar deadshaft cover. (See the "How To..." on page 36.)
4. Disconnect the heart rate cable from the bullhorn.
5. Disconnect the resistance level control cable from the right bullhorn.
6. Remove and save the two hex nuts and washers that secure the right or left bullhorn to the monocolumn.
7. Install the new right or left bullhorn using the hardware removed and saved in step 6.
8. Complete the reassembly in reverse order.
9. Test the new bullhorn for proper operation of heart rate.



HOW TO... REPLACE THE BULLHORN HEART RATE HAND SENSORS

Tools required: Phillips screwdriver
Estimated time required: 30 minutes

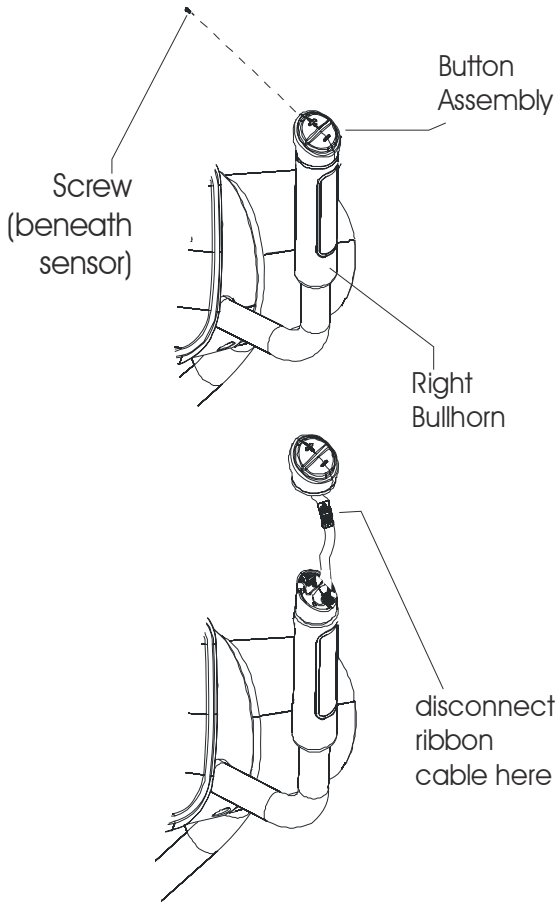
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the two Phillips screws that secure the front and rear hand sensors to each other.
3. Note the location of each of the heart rate wires. This will simplify reassembly.
4. Disconnect the wires from the defective sensors.
5. Connect the heart rate wires to the new hand sensors.
6. Install the new heart rate hand sensors using the screws removed and saved in step 3. Be careful not to pinch the bottom wire.
7. Test the new hand sensors for proper operation.



HOW TO... REPLACE THE RIGHT BULLHORN BUTTON ASSEMBLY

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

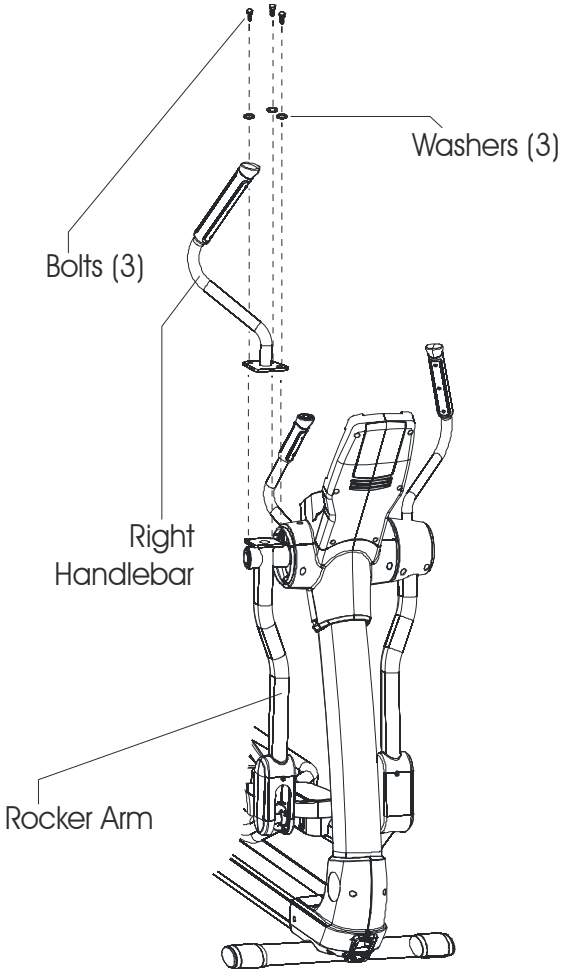
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the bullhorn heart rate hand sensors. (See the "How To..." on page 38.)
3. Remove and save the Phillips screw that secures the button assembly to the bullhorn.
4. Disconnect the small ribbon cable that connects the button assembly through the bullhorn.
5. Install the new button assembly using the screw removed and saved in step 4.



HOW TO... REPLACE HANDLEBARS

Tools required: Phillips screwdriver, 5mm Allen wrench
Estimated time required: 30 minutes

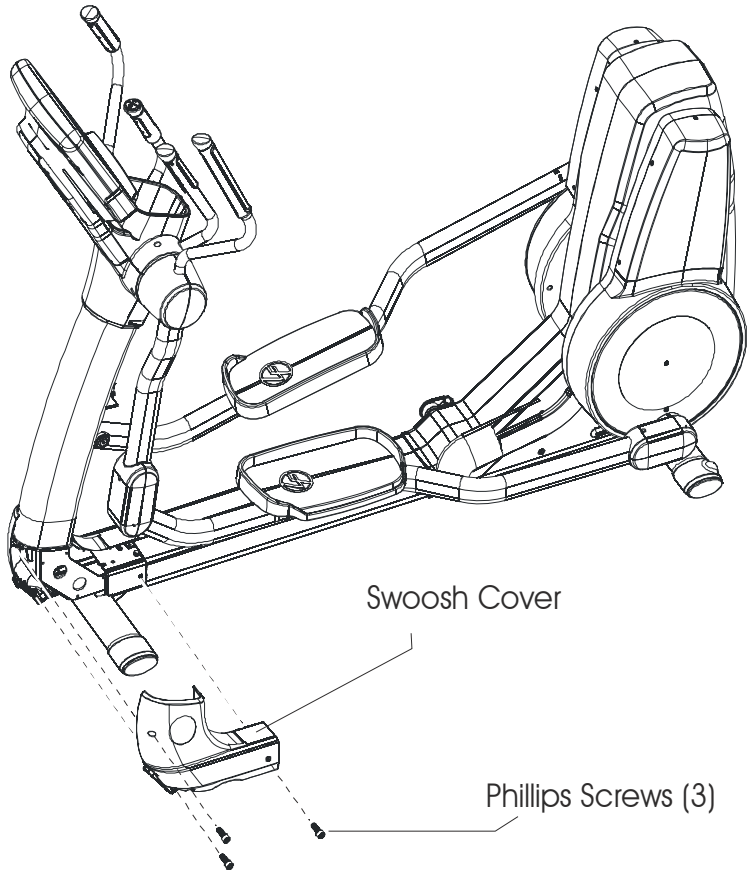
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the deadshaft end cap covers (See the "How To..." on page 32.)
3. Remove and save the three Allen bolts and washers that secure the handlebar to the rocker arm.
4. Disconnect the heart rate cable connector.
5. Install the new handlebar in reverse order using the bolts removed and saved in step 4.
6. Test the new handlebar for correct heart rate operation.



HOW TO... REPLACE THE SWOOSH COVERS

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

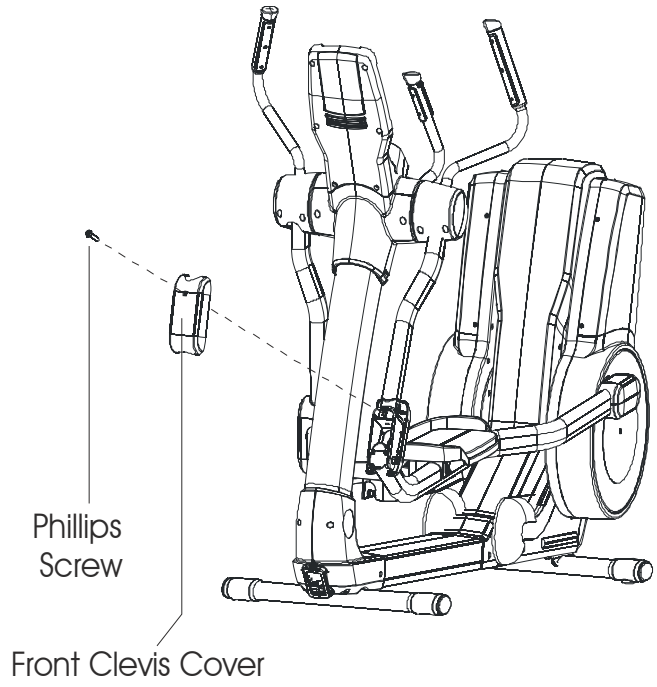
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the three screws that secure the right or left swoosh cover to the frame.
3. Install the new swoosh cover using the screws removed and saved in step 3.

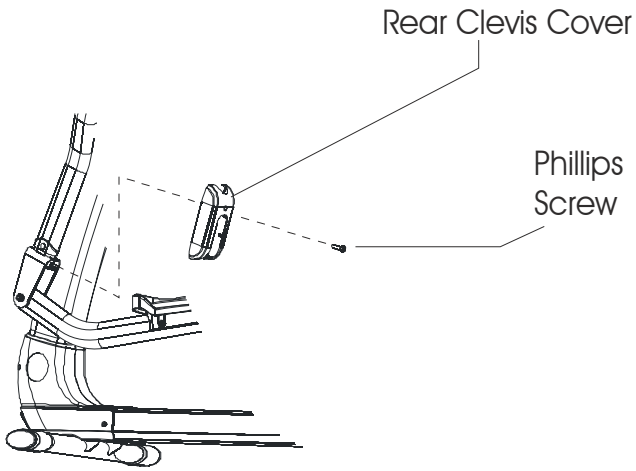


HOW TO... REPLACE THE FRONT CLEVIS COVERS

Tools required: Phillips screwdriver
Estimated time required: 15 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the two Phillips screws that secure the clevis covers to the rocker arm.
3. Install the new clevis covers using the screws removed and saved in step 3.

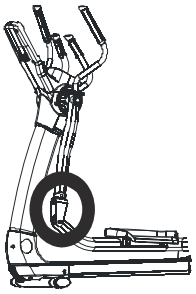


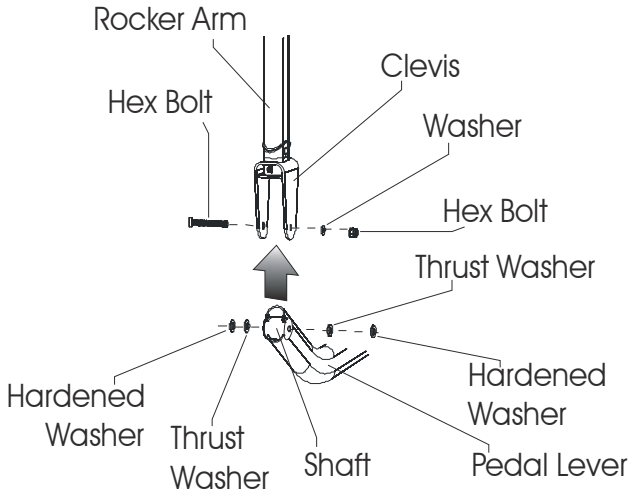


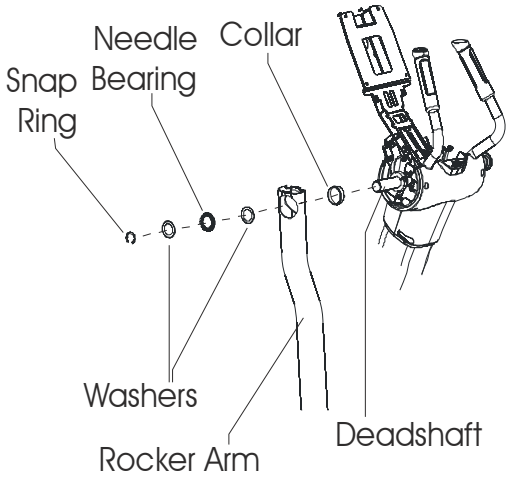
HOW TO... REPLACE THE ROCKER ARMS

Tools required: Phillips screwdriver, 6mm Allen wrench, 17mm socket wrench, snap ring tool
Estimated time required: 45 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the deadshaft end cap covers. (See the "How To..." on page 32.)
3. Depending on which rocker arm is being replaced, remove the corresponding front clevis covers. (See the "How To..." on page 42.)
4. Remove and save the bolt and nut that secure the rocker arm to the pedal lever.
5. Note the orientation of the thrust washer and hardened washer on either side of the pedal lever shaft. This will simplify reassembly.
6. Remove and save the snap ring that secures the rocker arm to the deadshaft.
7. Remove the rocker arm. Save needle bearing and washers on the outside edge of the rocker arm bushing to use with the new rocker arm.
8. Slide the new rocker arm onto the deadshaft.
9. Install the snap ring removed and saved in step 7.
10. Push the shaft collar, washers, rocker arm, and the snap ring against each other.
11. Tighten the shaft collar screw.
12. Reinstall the remaining components in reverse order.



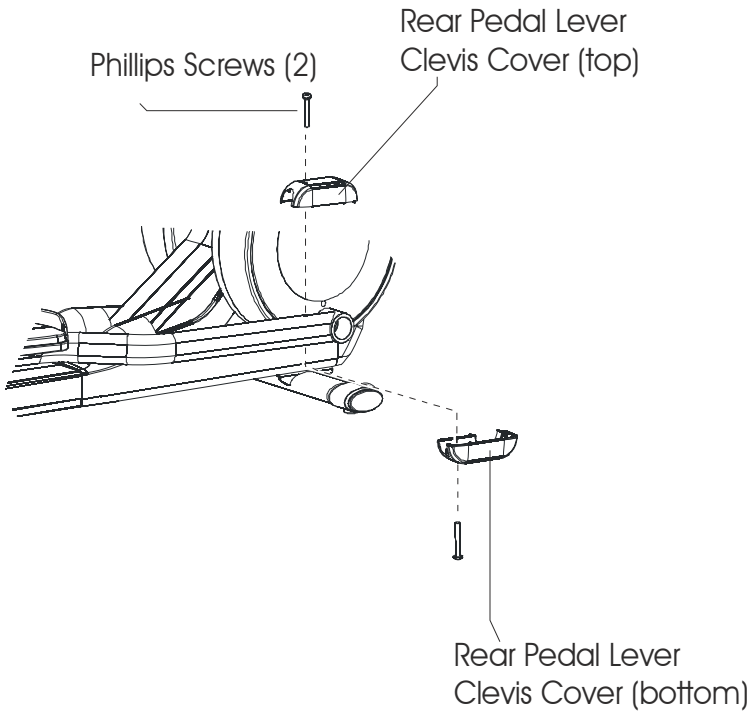




HOW TO... REPLACE THE REAR PEDAL LEVER CLEVIS COVERS

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

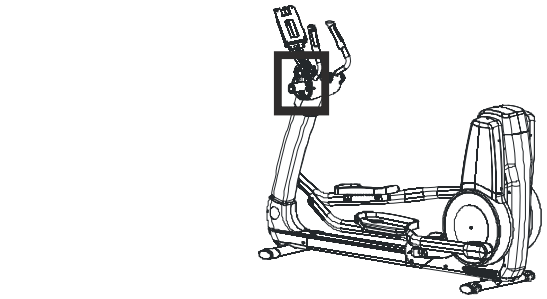
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the two Phillips screws that secure the rear pedal clevis covers to the pedal lever assembly.
3. Install the new rear clevis covers in reverse order using screws removed and saved in step 3.

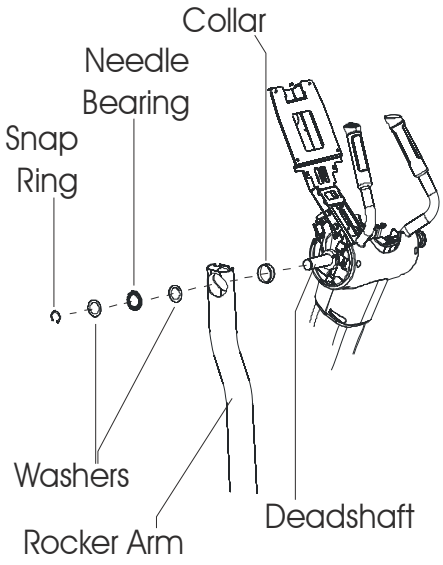


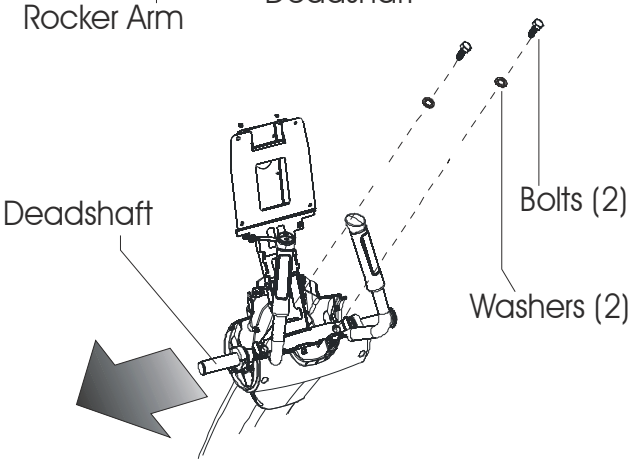
HOW TO... REPLACE THE DEADSHAFT

Tools required: Phillips screwdriver, 5mm and 6mm Allen wrench, 13mm and 17mm socket wrenches, snap ring tool
Estimated time required: 45 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the deadshaft end cap covers. (See the "How To..." on page 32.)
3. Remove the media tray. (See the "How To..." on page 31.)
4. Remove the console back cover. (See the "How To..." on page 29.)
5. Remove the top deadshaft cover. (See the "How To..." on page 33.)
6. Remove both handlebars. (See the "How To..." on page 40.)
7. Remove both rocker arms. (See the "How To..." on page 43.)
8. Remove and save the washers and shaft collars on both sides of the deadshaft.
9. Remove and save the bolts and washers that secure the deadshaft to the monocolumn.
10. Install the new deadshaft in reverse order using hardware removed and saved in steps 9 and 10.



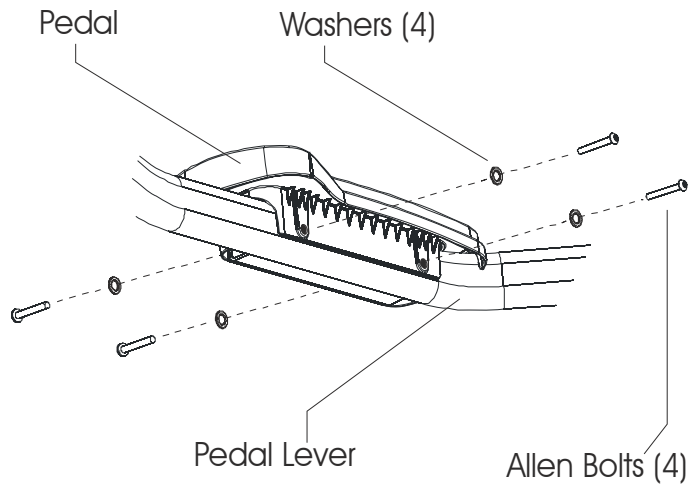


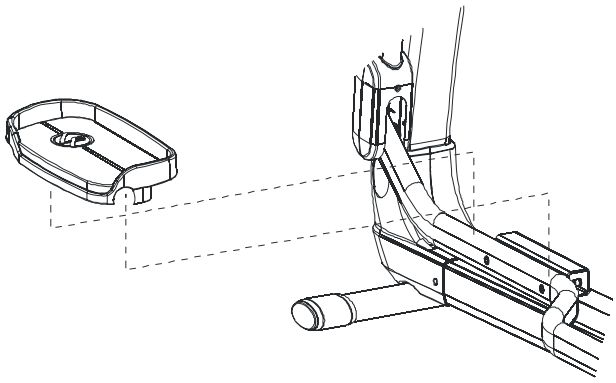


HOW TO... REPLACE THE PEDALS

Tools required: 5mm Allen Wrench
Estimated time required: 20 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the four Allen bolts that secure the pedal to the pedal lever assembly.
3. Install new pedal using the bolts removed and saved in step 3.

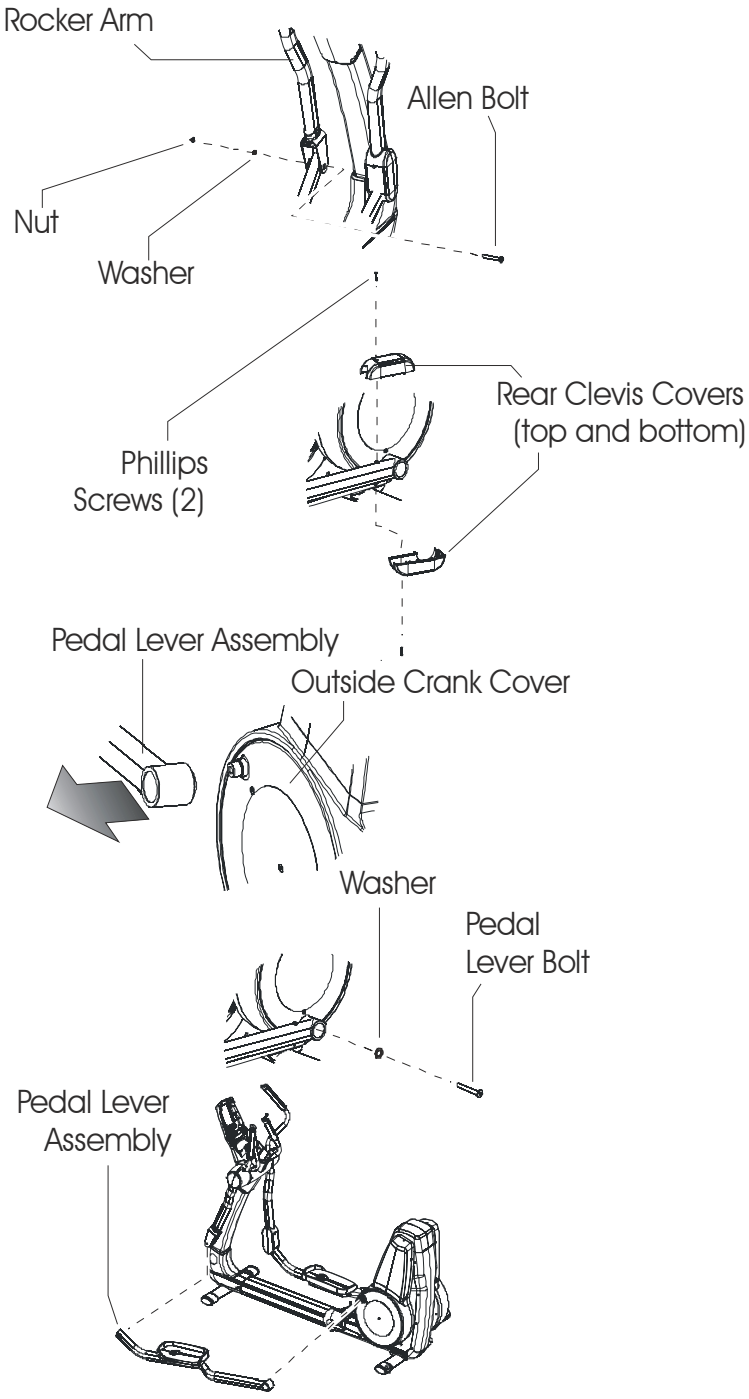




HOW TO... REPLACE THE PEDAL LEVER ASSEMBLIES

Tools required: Phillips screwdriver, 6mm Allen wrench, 17mm and 19mm socket wrenches
Estimated time required: 45 minutes

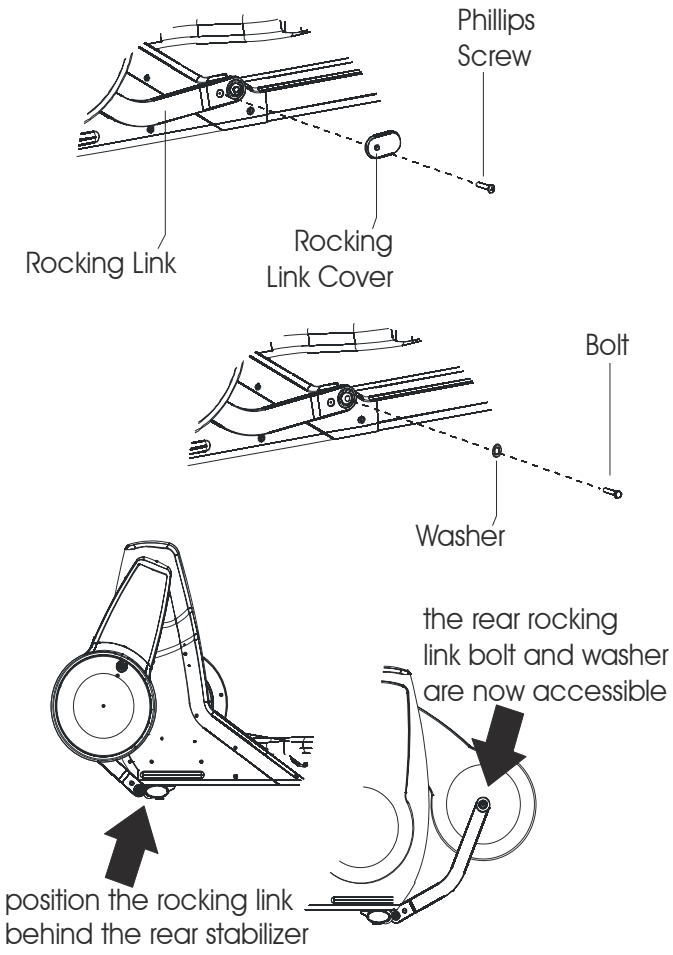
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the front clevis covers. (See the "How To..." on page 42.)
3. Remove and save the Allen bolt, washers, and nut that secure the pedal lever to the rocker arm.
4. Note the orientation of the thrust washer and hardened washer on either side of the pedal lever shaft. This will simplify reassembly.
5. Remove and save the shaft from the old pedal lever.
6. Remove and save the two Phillips screws that secure the rear clevis covers to the pedal lever assembly. Save the clevis covers.
7. Remove and save the bolt and washer that secure the pedal lever assembly to the crankarm.
8. Slide the pedal lever assembly off the crankarm.
9. Remove and save the four bolts that secure the pedal to the old pedal lever assembly.
10. Attach the pedal and its mounting screws to the new pedal lever assembly.
11. Install the pedal lever assembly in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE ROCKING LINK ASSEMBLIES

Tools required: Phillips screwdriver, 13mm socket wrench
Estimated time required: 30 minutes

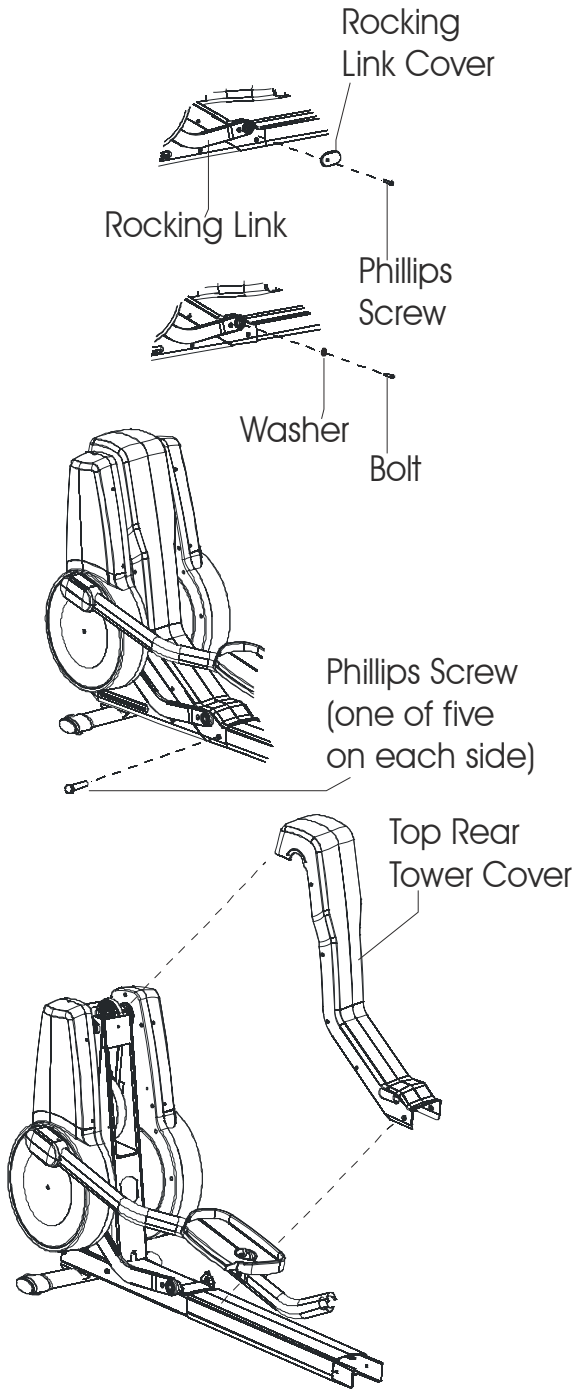
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the Phillips screw that secures the rocking link cover to the rocking link.
3. Remove and save the bolt, washer, and spacer that secure the front of the rocking link to the frame. Note the orientation of each; this will simplify reassembly.
4. Remove the rear pedal lever clevis covers. (See the "How To..." on page 47.)
5. Remove and save the bolt and washer that secure the pedal lever to the crankarm.
6. Carefully swing the rocker assemblies back until the mounting bolt at the rear of the rocking link is accessible.
7. Remove and save the bolt and washer that secure the rocking link to the rocker assembly.
8. Install the new rocking link in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE TOP REAR TOWER COVER

Tools required: Phillips screwdriver, 13mm socket wrench
Estimated time required: 30 minutes

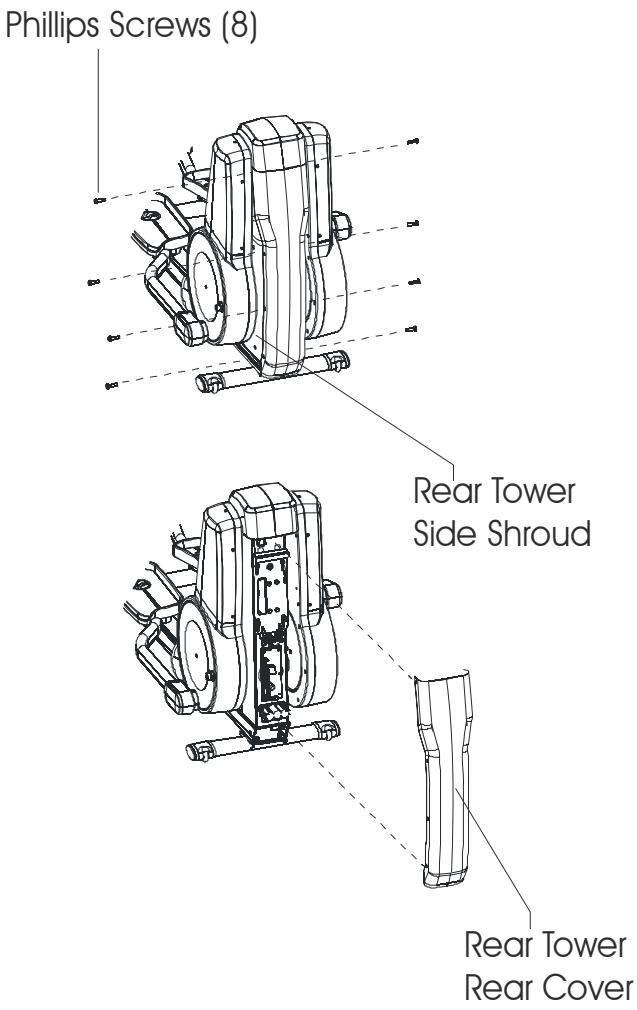
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the Phillips screw that secures the right rocking link cover to the rocking link. Save the rocking link cover.
3. Remove and save the bolt, washer, and spacer that secure the front of the right rocking link to the frame.
4. Remove and save the Phillips screw that secures the left rocking link cover to the rocking link. Save the rocking link cover.
5. Remove and save the bolt, washer, and spacer that secure the front of the left rocking link to the frame.
6. Remove and save the ten Phillips screws that secure the top rear tower cover to the frame and tower. The rocker assemblies must be swung backward slightly to allow access to some of the mounting screws.
7. Install the new top rear tower cover in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE REAR TOWER REAR COVER

Tools required: Phillips screwdriver
Estimated time required: 20 minutes

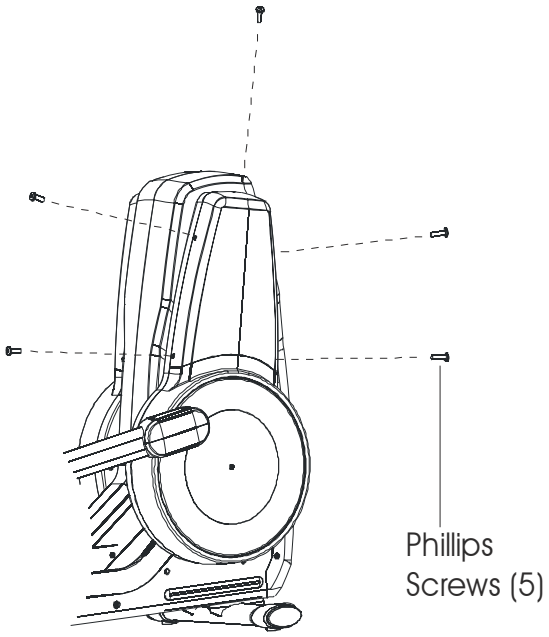
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the eight Phillips screws that secure the rear tower rear cover to the rear tower side shrouds.
3. Install the new rear tower rear cover using the hardware removed and saved in step 3.

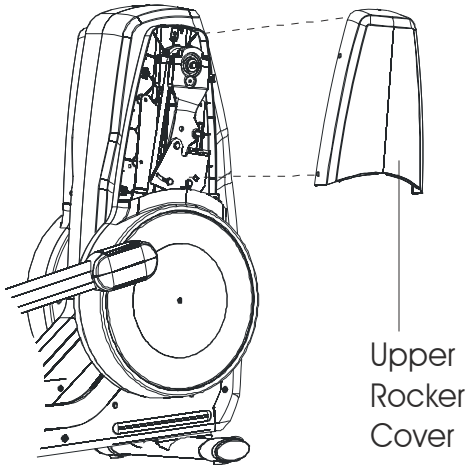


HOW TO... REPLACE THE UPPER ROCKER COVERS

Tools required: Phillips screwdriver
Estimated time required: 15 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove and save the five Phillips screws that secure the upper rocker cover to the rocker assembly.
3. Install the new upper rocker cover using the screws removed and saved in step 3.

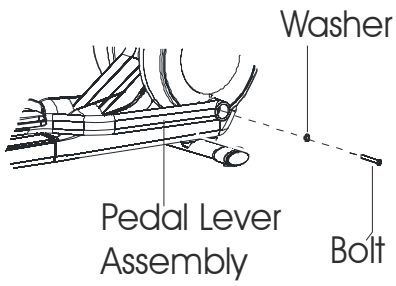


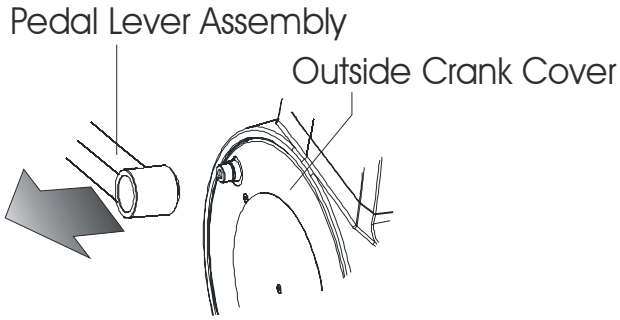


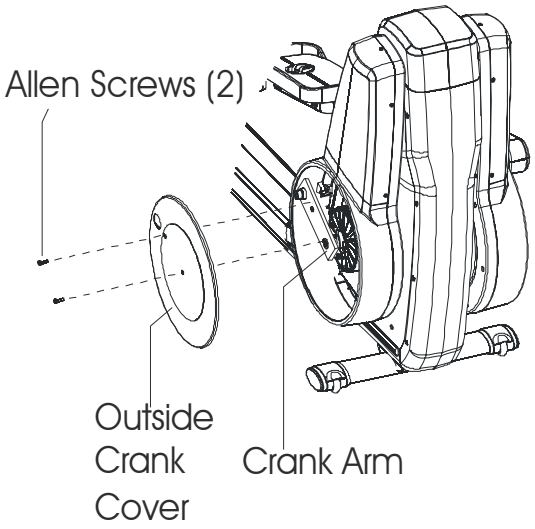
HOW TO... REPLACE THE OUTSIDE CRANK COVER

Tools required: Phillips screwdriver, 4mm Allen wrench, 19mm socket wrench
Estimated time required: 30 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the rear clevis covers from the pedal lever assembly. (See the "How To..." on page 47.)
3. Remove and save the bolt and washer that secure the pedal lever assembly to the crankarm.
4. Carefully slide the rear of the pedal lever assembly off the crankarm.
5. Remove and save the two Allen screws that secure the outside crank cover to the crankarm.
6. Install the new outside crank cover in reverse order using the hardware removed and saved in steps 4 and 6.



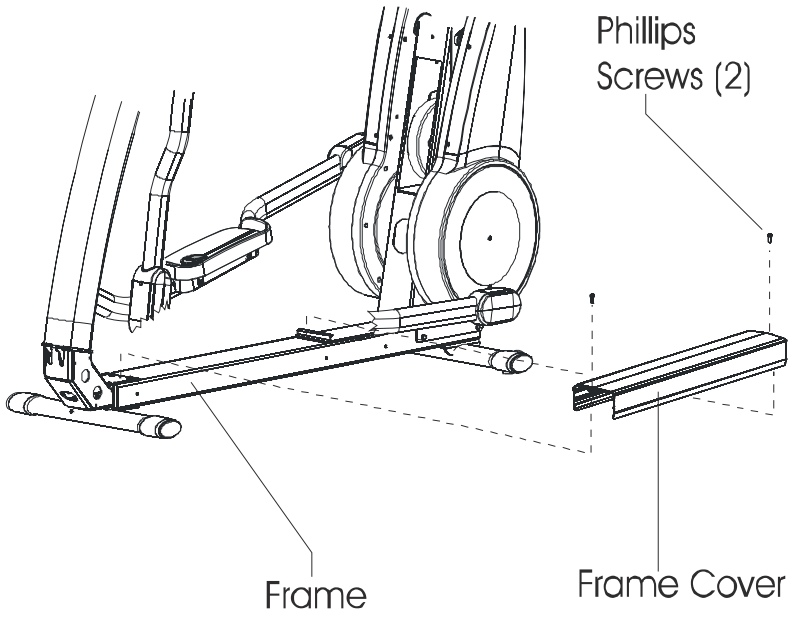




HOW TO... REPLACE THE FRAME COVER

Tools required: Phillips screwdriver, 13mm socket wrench
Estimated time required: 45 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the swoosh covers. (See the "How To..." on page 41.)
3. Remove the top rear tower cover. (See the "How To..." on page 49.)
4. Remove and save the two Phillips screws that secure the frame cover to the frame.
5. Install new frame cover in reverse order using hardware removed and saved in the previous steps.

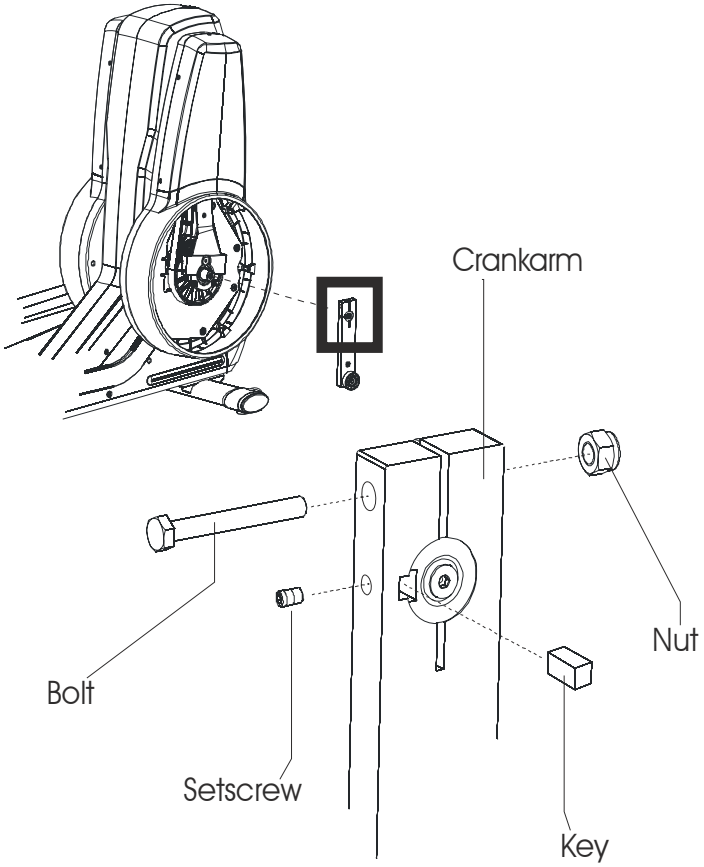


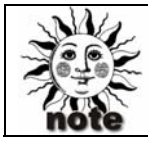
HOW TO... REPLACE THE CRANKARM

Tools required: Phillips screwdriver, 3mm and 4mm Allen wrenches, 13mm and 19mm socket wrenches, 13mm open-end wrench

Estimated time required: 30 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the outside crank cover. (See the "How To..." on page 52.)
3. Loosen the setscrew on the crankarm.
4. Remove and save the bolt and nut that secure the crankarm to the shaft.
5. Remove the crankarm.
6. Remove the key and setscrew from the old crankarm.
7. Install the new crankarm in reverse order using hardware removed and saved in the previous steps.



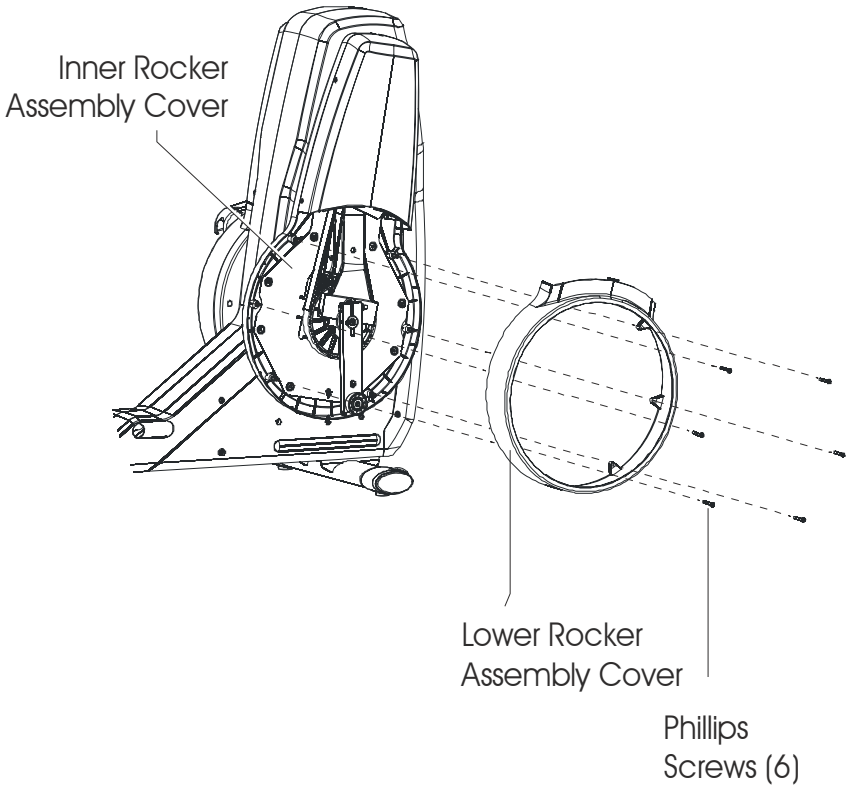


Do not reuse the setscrew on the new crankarm. The key may be reused, however.

HOW TO... REPLACE THE LOWER ROCKER ASSEMBLY COVER

Tools required: Phillips screwdriver, 4mm Allen wrench, 19mm socket wrench
Estimated time required: 30 minutes

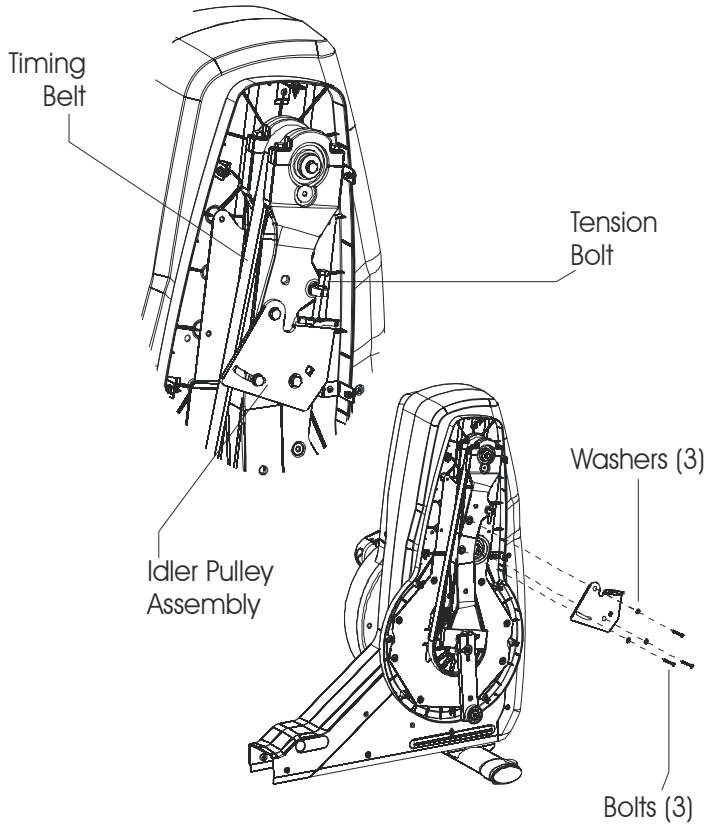
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the outside crank cover. (See the "How To..." on page 52.)
3. Remove and save the six Phillips screws that secure the lower rocker assembly cover to the inner rocker assembly cover.
4. Install the new lower rocker assembly cover in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE ROCKER ASSEMBLY TIMING BELT

Tools required: Phillips screwdriver, 13mm socket wrench, felt-tip marker
Estimated time required: 45 minutes

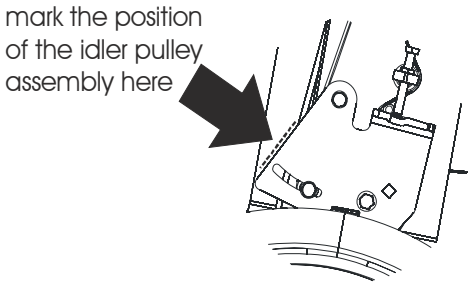
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the outside crank cover. (See the "How To..." on page 52.)
3. Remove the upper rocker cover. (See the "How To..." on page 51.)
4. Mark the position of the idler pulley assembly on the metal plate behind it.
5. Loosen the two idler pulley assembly mounting screws.
6. Loosen the timing belt tension bolt.
7. Remove and save the idler pulley assembly mounting screws.
8. Remove the idler pulley assembly.
9. Remove the timing belt by first slipping it off the lower pulley and then off the upper pulley.
10. Install the new timing belt on both pulleys.
11. Re-install the idler pulley assembly. Secure it finger tight.
12. Center the timing belt on all pulleys.
13. Tighten the timing belt tension bolt until the idler pulley assembly returns to its previously marked position.
14. Tighten the idler pulley assembly mounting screws.
15. Re-install the upper rocker assembly cover.

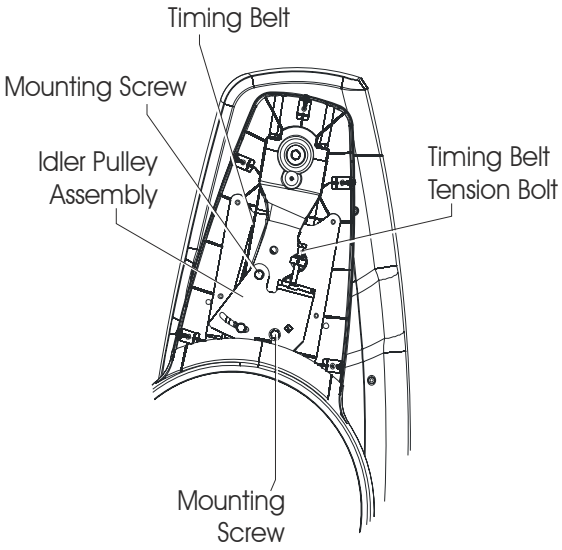


HOW TO... REPLACE THE IDLER PULLEY ASSEMBLY

Tools required: Phillips screwdriver, 13mm socket wrench, felt-tip marker
Estimated time required: 45 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the upper rocker assembly cover. (See the "How To..." on page 51.)
3. Mark the position of the idler pulley assembly on the metal plate behind it.
4. Loosen the two idler pulley assembly mounting screws.
5. Loosen the timing belt tension bolt.
6. Remove and save the two idler pulley assembly mounting screws.
7. Remove the idler pulley assembly.
8. Install the new idler pulley assembly. Secure it finger tight.
9. Center the timing belt on all pulleys.
10. Tighten the timing belt tension bolt until the idler pulley assembly returns to its previously marked position.
11. Tighten the idler pulley assembly mounting screws.
12. Re-install the upper rocker assembly cover.

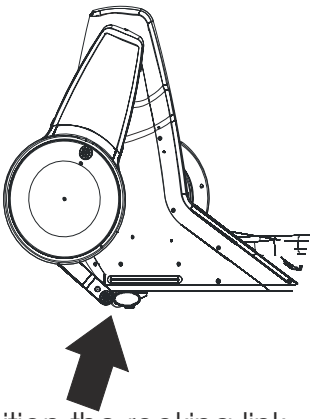




HOW TO... REPLACE THE INNER CRANK COVER

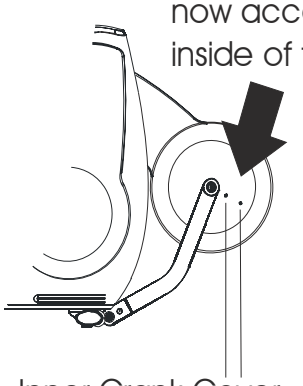
Tools required: Phillips screwdriver, 4mm Allen wrench, 13mm socket wrench
Estimated time required: 30 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the rocking link assembly. (See the "How To..." on page 48.)
3. Swing the rocker assembly backward to allow access to the inner crank cover mounting screws.
4. Remove and save the two Allen screws that secure the inner crank cover to the inner crank.
5. Install new inner crank cover in reverse order using the hardware removed and saved in the previous steps.



position the rocking link behind the rear stabilizer

the mounting screws are now accessible from the inside of the crank cover

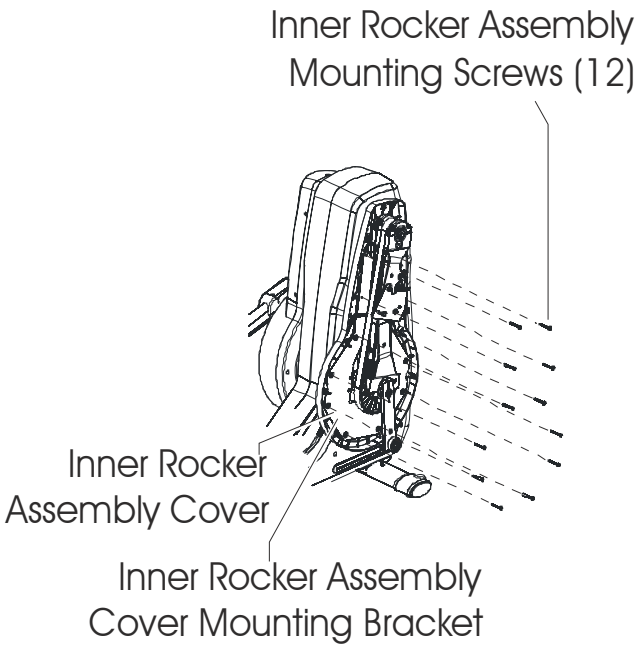


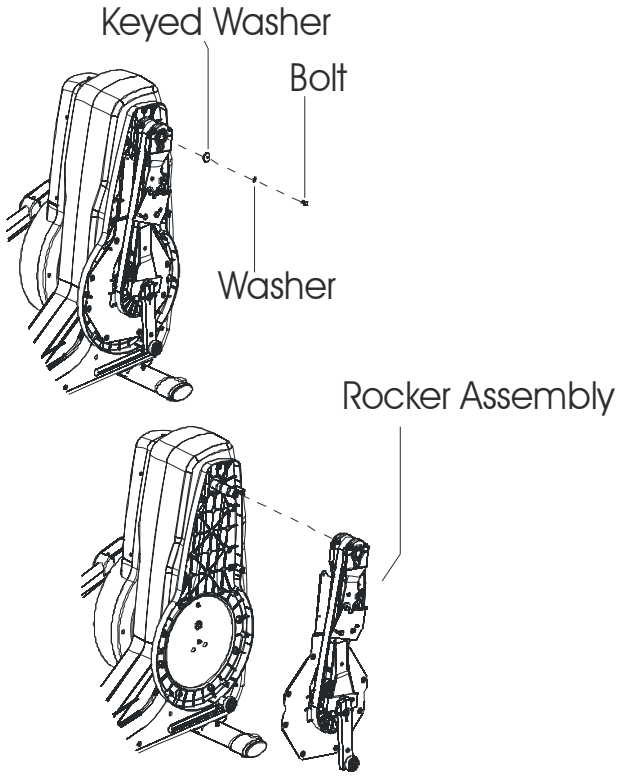
Inner Crank Cover Mounting Screws

HOW TO... REPLACE THE INNER ROCKER ASSEMBLY COVER

Tools required: Phillips screwdriver, 4mm Allen wrench, 13mm and 19mm socket wrenches
Estimated time required: 60 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the lower rocker assembly cover. (See the "How To..." on page 55.)
3. Remove and save the twelve screws and washers that secure the inner rocker assembly cover to the inner rocker assembly cover-mounting bracket.
4. Remove the bolt and keyed washer that secure the rocker assembly to the main shaft.
5. Carefully slide the rocker assembly off the main shaft.
6. Remove the old inner rocker assembly cover.
7. Place the new inner rocker assembly cover in position on the main shaft.
8. Carefully slide the rocker assembly onto the main shaft and position it on the shaft so that the keyed washer lines up with the slot in the shaft. Use the bolt and keyed washer removed in Step 5.
9. Line up the inner rocker assembly cover mounting holes with the holes in the inner rocker assembly cover mounting bracket and secure it with the twelve screws and washers removed in step 4.
10. Complete the installation of remaining components in reverse order.

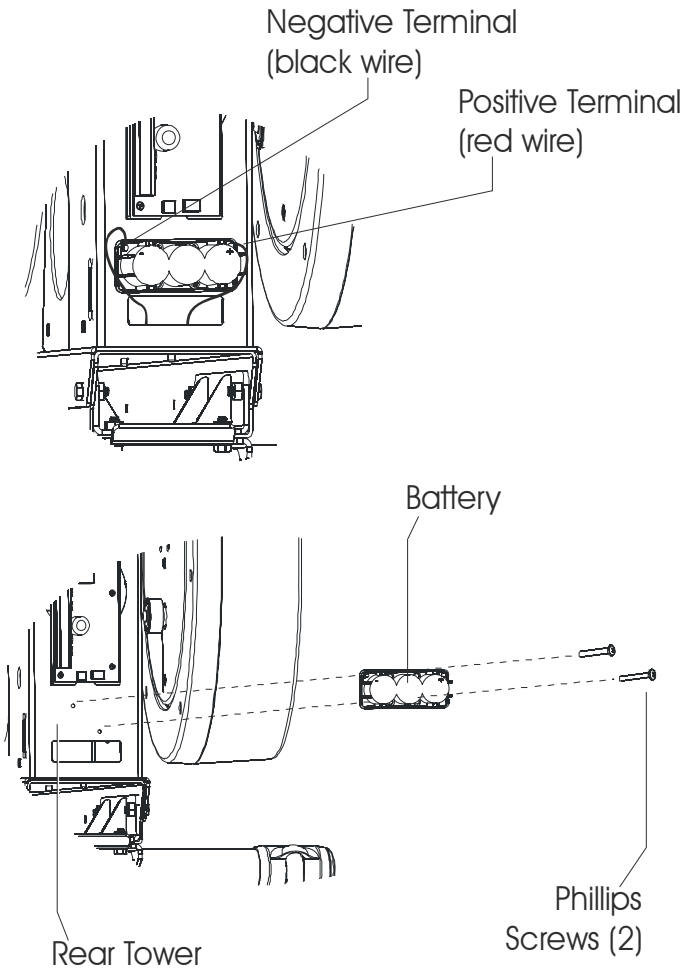




HOW TO... REPLACE THE SIX-VOLT BATTERY

Tools required: Phillips screwdriver
Estimated time required: 30 minutes

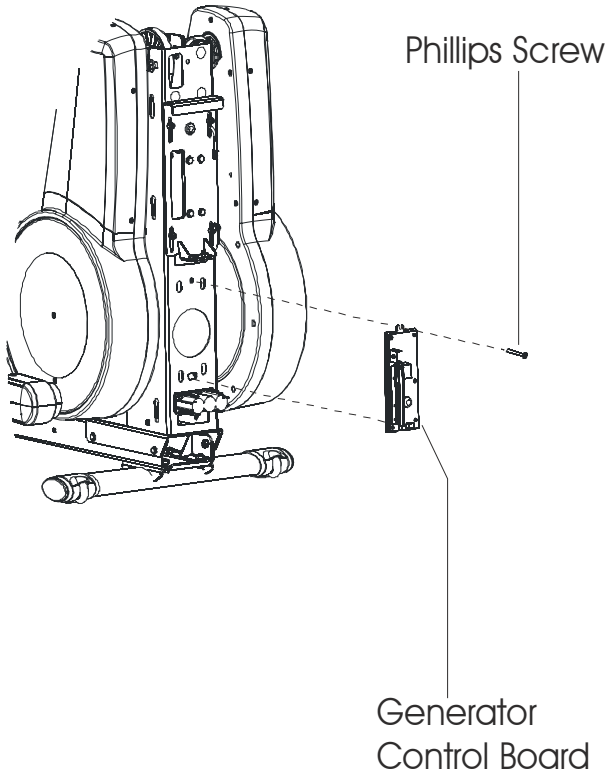
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the rear tower rear cover. (See the "How To..." on page 50.)
3. Disconnect the red and black wires from the battery terminals.
4. Remove and save the two Phillips screws that secure the battery to the tower.
5. Install the new six-volt battery in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE GENERATOR CONTROL BOARD

Tools required: Phillips screwdriver
Estimated time required: 30 minutes

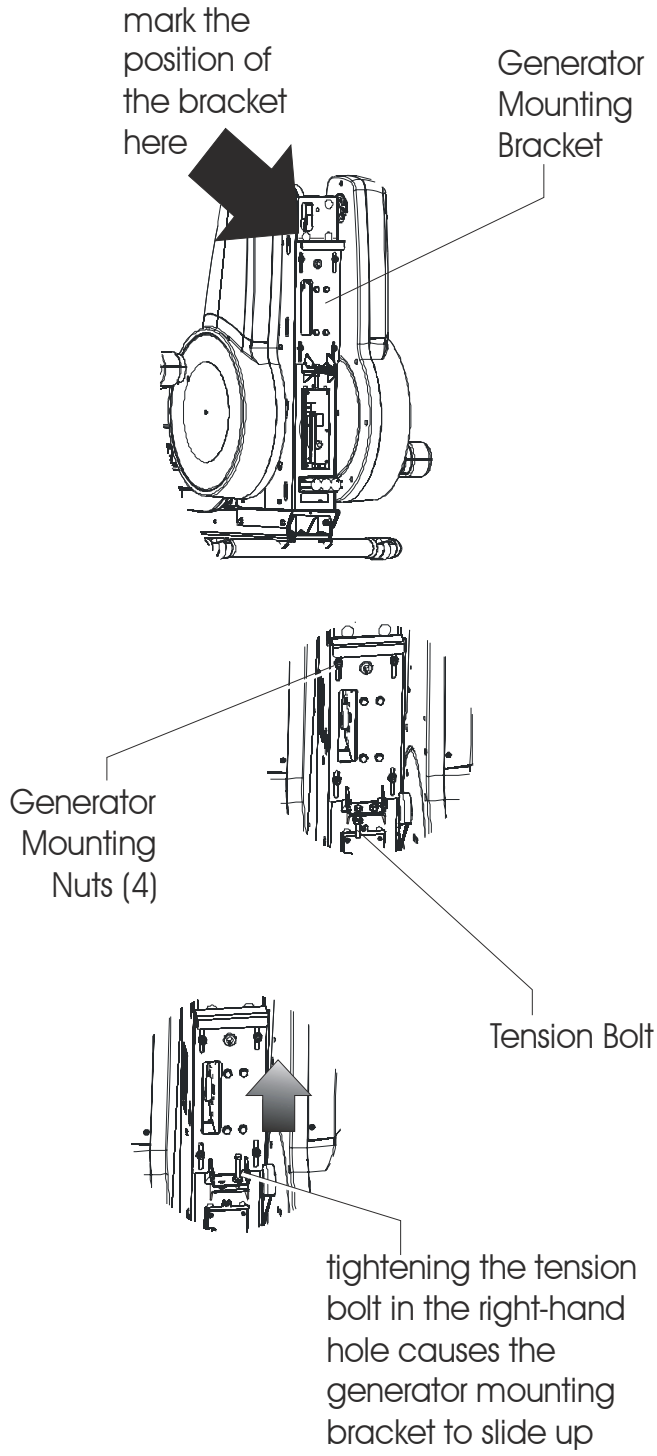
1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the rear tower rear cover. (See the "How To..." on page 50.)
3. Note where each cable to the generator control board is connected. This will simplify reassembly.
4. Disconnect all the cables connected to the generator control board.
5. Remove and save the Phillips screw that secures the generator control board assembly to the tower.
6. Install the new generator control board in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE GENERATOR ASSEMBLY

Tools required: Phillips screwdriver, 13mm socket wrench, wire cutters, felt-tip marker
Estimated time required: 45 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the rear tower rear cover. (See the "How To..." on page 50.)
3. Mark the position of the generator mounting bracket on the metal plate behind it.
4. Loosen the four generator mounting nuts.
5. Remove the tension bolt completely from the hole in the left side of the mounting bracket.
6. Insert the tensioning bolt into the hole in the right side of the bracket and turn it clockwise. (This will tighten the bolt and raise the mounting bracket, allowing the Poly-V belt to be easily removed from the generator pulley.)



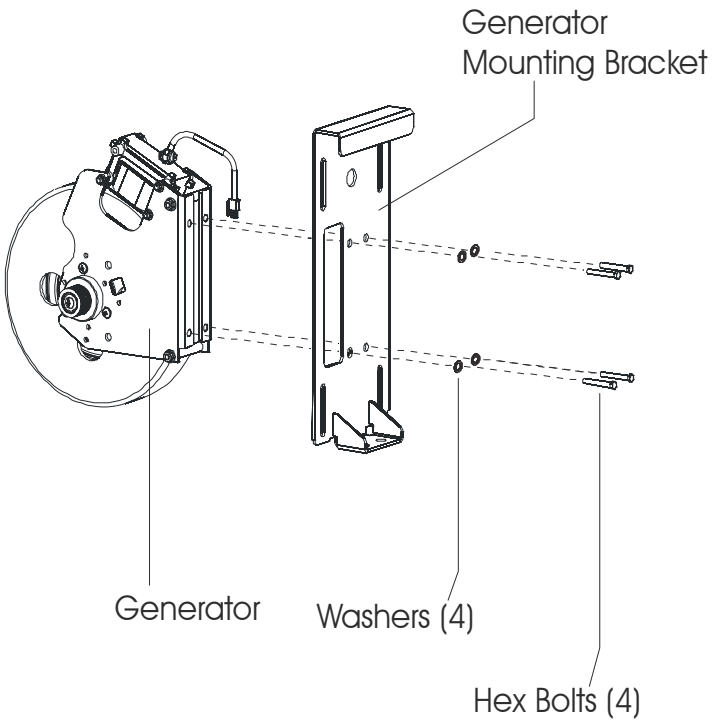
continued...

HOW TO... REPLACE THE GENERATOR ASSEMBLY - CONTINUED

7. Remove the previously loosened generator mounting nuts.
8. Disconnect the generator cables.
9. Remove the grommet from the mounting bracket.

The generator-bracket assembly weighs about 35 lbs. (16 kg).

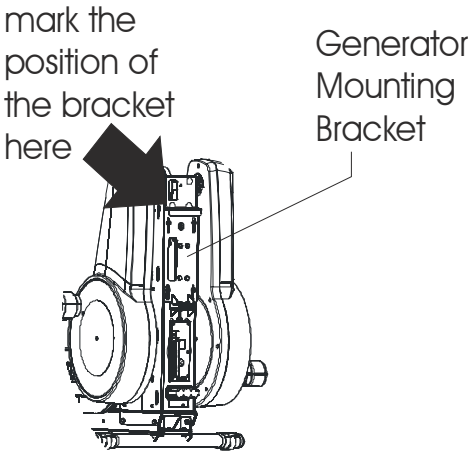
10. Lift the generator/bracket assembly out of the tower.
11. Remove and save the four bolts that secure the generator to the mounting bracket.
12. Install the new generator on the mounting bracket. Insert the new generator cables through the grommet before putting the grommet in place.
13. Loosely install the new generator-bracket assembly.
14. Place the Poly-V belt around the generator pulley.
15. Remove the tension bolt from the right bracket hole and return it to the left bracket hole.
16. Tighten the bolt until the generator assembly returns to its previously marked position.
17. Tighten the generator assembly mounting bolts.
18. Reconnect the generator cables.
19. Install the remaining components.

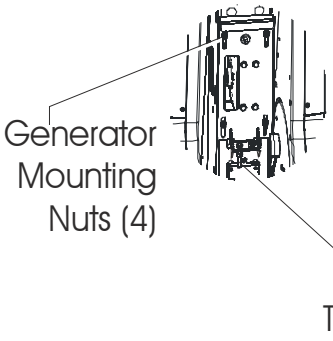


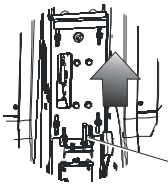
HOW TO... REPLACE THE POLY-V BELT

Tools required: Phillips screwdriver, 9/64 Allen wrench, 19mm open end wrench, 13mm and 19mm socket wrenches, felt-tip marker
Estimated time required: 60 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the right rear pedal lever clevis covers. (See the "How To..." on page 47.)
3. Remove and save the bolt and washer that secure the pedal lever to the crankarm shaft.
4. Slide the pedal lever assembly off the crankarm shaft.
5. Remove both rocking link assemblies. (See the "How To..." on page 48.)
6. Remove the right upper rocker assembly cover. (See the "How To..." on page 51.)
7. Remove the rear tower rear cover. (See the "How To..." on page 50.)
8. Remove the top rear tower cover. (See the "How To..." on page 49.)
9. Mark the position of the generator-mounting bracket on the metal plate behind it.
10. Loosen the four generator mounting bolts.
11. Remove the tension bolt completely from the hole in the left side of the mounting bracket.
12. Insert the tensioning bolt into the hole in the right side of the bracket and turn it clockwise. This will tighten the bolt and raise the mounting bracket, allowing the Poly-V belt to be easily removed from the generator pulley.
13. Remove the Poly-V belt from the generator pulley.
14. Remove the Poly-V belt from the generator pulley.





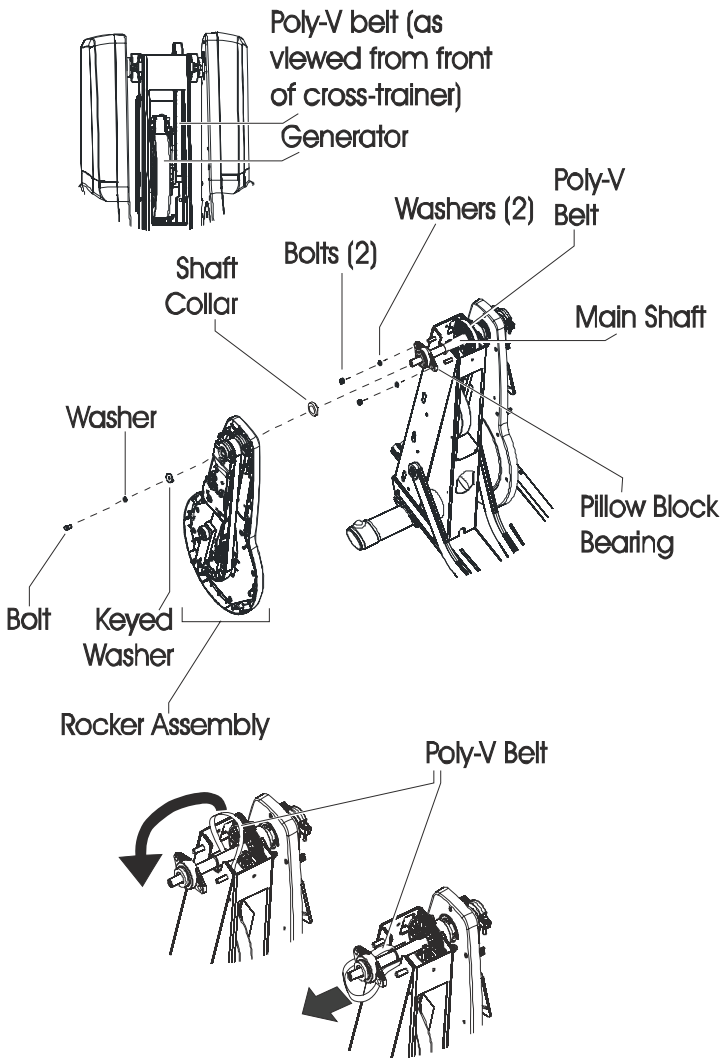


tightening the tension bolt in the right-hand hole causes the generator mounting bracket to slide up

continued...

HOW TO... REPLACE THE POLY-V BELT - CONTINUED

15. Remove the bolt and keyed washer that secure the right rocker assembly to the shaft.
16. Carefully slide the rocker assembly off the main shaft.
17. Loosen the shaft collar and slide it off the main shaft.
18. Remove and save the bolts and nuts that secure the right side pillow block bearing to the tower.
19. Slide the pillow block to the right (but not completely off the main shaft).
20. Work the old Poly-V belt off the main shaft.
21. Install new Poly-V belt around the main shaft and onto the upper pulley.
22. Slide the pillow block bearing back to its mounting position.
23. Secure the pillow block bearing with the bolts and nuts removed and saved in step 18.
24. Position the Poly-V belt around the generator pulley.
25. Remove the tension bolt from the right bracket hole and return it to the left bracket hole.
26. Tighten the bolt until the generator assembly returns to its previously marked position.
27. Install the remaining components in reverse order using the hardware removed and saved in the previous steps.



HOW TO... REPLACE THE MAIN CABLE

Tools required: Phillips screwdriver
Estimated time required: 40 minutes

1. If the cross-trainer has line cords, unplug them from the wall outlets.
2. Remove the console back cover. (See the "How To..." on page 29.)
3. Remove the console assembly. (See the "How To..." on page 30.)
4. Remove deadshaft end cap covers. (See the "How To..." on page 32.)
5. Remove the media tray. (See the "How To...." on page 31.)
6. Remove the top deadshaft cover. (See the "How To..." on page 33.)
7. Remove the rear tower rear cover. (See the "How To..." on page 50.)
8. Disconnect the main cable from the generator control board.
9. Attach the console connector end of the new main cable to the generator control board connector end of the old main cable.
10. Pull the old main cable up and out of the monocolumn until the end with the new main cable appears.
11. Plug the new main cable into the generator control board.
12. Complete installation of the remaining components in reverse order using hardware removed and saved in the previous steps.